

Education on Giving Leaflets and The Potential of Karamunting Leaves (*Rhodomyrtus Tomentosa*) Herbal Efficacious in Society

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Abstract

Coronavirus disease (COVID-19) is spreading rapidly throughout the world including Indonesia. The use of herbal medicinal plants has increased since the Corona Virus Disease (COVID-19) pandemic, one of which is karamunting leaves. The methods used include: Field observations, we recorded the number of residents, their work and the plants that grow in the yard so that they can provide education to the community, especially in the North Landasan Ulin Village, Lianggang District, Banjarbaru City. The results of the initial observation activities were carried out to look for problems in the community, the problems encountered by the community service team were the lack of public knowledge about plants that have the potential for traditional medicinal properties. Planting in the yard of the house has a characteristic as an herbal medicine. The conclusion from this activity was that education and giving leaflets for karamunting plants received a positive response from the community, after being given materials and leaflets as well as interactive discussions, the community realized the importance of using herbal medicines as an alternative treatment and increasing body immunity.

Keywords: education, herbs, karamunting leaves, leaflets

A. Introduction

Coronavirus disease (COVID-19) is a new type of disease that was detected at the end of 2019 in Wuhan, China and spread rapidly throughout the world including Indonesia. As of July 15 2020, the Corona Virus has spread widely to 215 countries with a total of 13,150,645 confirmed cases and a death rate of 574,464 people [1]. Although the results of the analysis show that the Corona Virus has an 80% similarity with the SARS Virus, the Corona Virus has a higher transmission rate than SARS [2].

Medicinal plants have many types of species. Out of a total of around 40,000 known types of medicinal plants in the world, 30,000 of them are in Indonesia. This amount represents 90% of the medicinal plants found in Asia. Of these, 25% of them or around 7,500 species are known to have herbal or medicinal plant properties. However, only 1,200 types of plants have been used as raw materials for herbal or herbal medicines [3]. Based on Basic Health Research (Riskesdas) data for 2018, the percentage of utilization of family medicinal plants (TOGA) in Indonesia is 24.6% and utilization of traditional health services is 31.4% [4].

The use of these medicinal plants has increased since the Corona Virus Disease (COVID-19) pandemic as it is today. Some people think that medicinal plants can help heal from this disease, but many also do not know about the use of these medicinal plants during this pandemic. Traditional medicines are ingredients or ingredients derived from plants, animals, minerals, galenic preparations or mixtures of these ingredients [5]. Traditional medicine has been used for generations to maintain health, cure disease and to improve body fitness [6]. The use of medicinal plants during a pandemic is used as a way to prevent transmission of COVID-19, because the virus that causes it can easily enter the body with a low immune system [7]. Several types of medicinal plants have benefits as immunity triggers and also antioxidants so they can ward off free radicals. In addition to prevention efforts such as washing hands, keeping a safe distance and using masks, efforts to protect yourself from within by increasing the body's immune system [8].

In general, parts of the leaves, roots and fruit of the Karamunting plant are used as traditional medicine in Malaysia, India and Indonesia to treat various types of diseases such as diarrhea, dysentery, leucorrhoea, hemorrhoids, toothache, stomach ache, flatulence, leg pain and canker sores [9].

Community service that was almost the same before was regarding Education on Hypertension Treatment and the Utilization of Herbal Plants in Plamongansari Village, Semarang, the fundamental difference and renewal of this activity was in the place, time of implementation and herbal plants which were used as educational objects. Based on the background of the problem, our community service team provided education by giving leaflets on the benefits of herbal plants, one of which has the potential to be karamunting leaves.

B. Methods

The methods used include: Field observations, we recorded the number of residents, their work and the plants that grow in the yard so that they can provide education to the community, especially in the Landasan Ulin Utara Village, Lianganggang District, Banjarbaru City. This Community Service activity was carried out in Landasan North Ulin Village, Lianganggang District on Saturday, February 4 2023, at 08.00 WITA and ended at 13.00 WITA. This community service activity uses leaflets as educational media which will be delivered to the community.

We provide education on the use of traditional medicinal plants on the contents of medicinal plants and their properties for the body. Then we gave leaflets on the benefits and potential of karamunting leaves as a typical Kalimantan herbal medicine. The steps for implementing community service activities: Counseling the community about immunity, utilizing medicinal plants used as triggers for immunity and giving leaflets for these traditional medicines. Counseling was carried out with the aid of power point media, so that people could see pictures of types of plants that could be used as medicinal plants. Then the community was given a leaflet as median supporting information. Then carry out discussions and questions and answers regarding issues related to the use of medicinal plants. We also distributed some karamunting plant seeds so they could be planted and cultivated as herbal medicine

C. Result and Discussion

Education and Utilization of karamunting leaves as potential as herbal medicine in the community, is provided with leaflet media. The use of our Traditional Medicinal Plants to do Self Medication or self-medication is an effort made by ordinary people to overcome diseases or symptoms experienced by themselves or by those around them with their own knowledge and perception, without the help or orders of someone who is an expert in medicine or medicine [10]. Traditional medicinal plants are ingredients or ingredients derived from plants, animals, mineral preparations (galenic) or mixtures of these materials which have been used for generations for treatment according to the norms prevailing in society [11]. Initial observation activities can be seen in Figure 1.



Figure 1. Intial Observation Activities

Initial observation activities were carried out to look for problems in the community, the problem that was found by the community service team was the lack of public knowledge about plants that have the potential for traditional medicinal properties which are widely planted by the local community. In general, knowledge related to the use of medicinal plants was obtained orally from village elders [12]. Local people rarely disseminate this knowledge in writing [13]. Educational activities and Providing Leaflets can be seen in Figure 2.



Figure 2. Educational Activites and Providing Leaflets

Giving leaflets is intended as a median for providing additional information at an extension, the community is given material directly and discussions about the potential of the karamunting leaf plant which is efficacious as traditional medicine [13]. The community was very enthusiastic about participating in this community service activity, and after the discussion the community realized that the plants they planted in their yard had properties as herbal medicine. The community service team also provided karamunting seeds for the community to plant. In addition, [14]; [15]. reported, in traditional Chinese medicine, Karamunting seeds can cure diarrhea. In Malaysia, the decoction of the leaves can be drunk to treat stomach aches, while in Indonesia it is used to heal wounds by pounding the leaves and placing them on the wound [15]. People in the city of Tarakan, North Kalimantan Province, have also used this plant as traditional medicine for a long time.

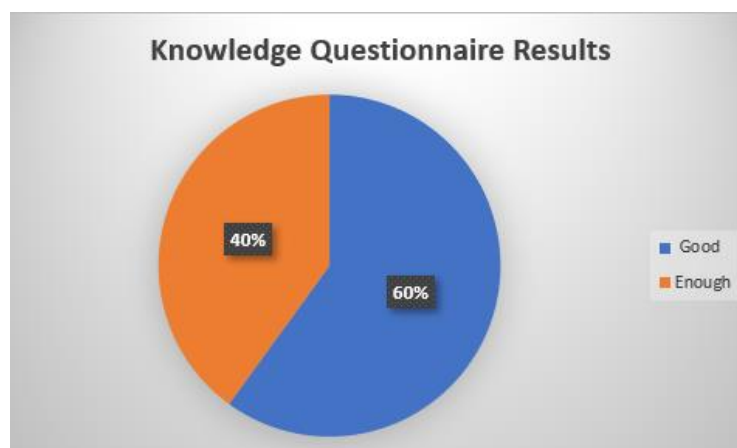


Figure 3. Graph of Knowledge Level Questionnaire Results

The data collection system for this community service activity is by distributing knowledge questionnaires given before and after providing education, with indicators of sufficient and good knowledge. Based on the results obtained in Figure 3, it shows that the level of public knowledge of education and giving leaflets scores 60% in the good category and 40% in the moderate category. The results of this activity are in line with previous research where the use of traditional medicines must also pay attention to the rules of use and certain parts of herbal plants that have the properties as indicated. So in counseling also given material about various types of herbal plants that can be used along with the disease [16]).

D. Conclusion

Education and distribution of leaflets on karamunting plants received a positive response from the community, initially the community did not know the potential of karamunting leaves, after being given materials and leaflets as well as interactive discussions, the community realized the importance of using herbal medicine as an alternative treatment. and increase body immunity. Based on the results obtained from providing education using leaflet media, it shows that the level of public knowledge of education and giving leaflets scores 60% in the good category and 40% in the moderate category.

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